

Act Now — if you want your family to have enough liquid, food, clothing and other survival items, and to be reunited quickly if separated in an emergency.

Only You can make the following preparations:

- Preferably 14 days' but at least 7 days' supply of food and liquid
- Warm, waterproof clothing and footwear
- Blankets
- Essential medicines (e.g., insulin)
- Arrangements for emergency accommodation
- Family meeting place
- Means of identification
- Knowledge about protection from fallout. Get a copy of the booklet "11 Steps to Survival!"
- First-aid kit
- Know your municipal survival plan.

Welfare Tips for Survival



Health and Welfare
Canada

Santé et Bien-être social
Canada

CA)
Hw
-Z105

3 1761 115573347

The possibility of nuclear attack demands that people be prepared. If Canada were attacked, federal, provincial and municipal emergency welfare services would come into operation to meet the basic needs of people unable to provide for themselves. Initially, however, your survival and that of your family will depend upon how well you prepare yourself now. You should plan for survival whether you live in a possible target area or elsewhere (considered to be the reception areas). If threat of an attack is indicated and you live in a possible target area, you might want to move to a safer place. If your area were attacked, you might have to leave your home. No matter where you live you have to plan to protect yourself.

The following suggestions are made to assist you in making your family survival plans.

Clothing

If Canada is attacked and you must evacuate your home because it is damaged, or for other reasons, it may be hours before you reach your destination and warm accommodation. You may have to sleep in your car or spend some time in the open. You should plan now what clothing you would have to take with you and how to gather it quickly. You should:

- Have ready at all times clothing that will protect you from both cold and dampness. The secret of protection from extreme cold lies in wearing clothing which prevents the loss of body heat. The use of multiple layers of wool — especially lightweight pure wool — and an outer layer of suitable material to protect against wind and rain gives the best protection. Be sure to have warm head covering to prevent excessive loss of body heat.
- Have warm, strong, waterproof footwear that will withstand hard wear, water, snow and slush. Carry extra socks.
- Have at least one blanket per person. Roll each blanket in a plastic sheet to keep it dry, tying at both ends with light rope. Use enough rope to permit carrying each blanket roll like a packsack.
- Arrange to leave other surplus clothing where you plan to go or send it there if and when conditions indicate this is advisable.

Canada

Published by authority of the
Minister of National Health and Welfare
Emergency Welfare Services

Cat. No. H84-53/1978 ISBN 0-662-01885-0

3/80

Emergency Food

A nuclear attack on Canada would result in food shortages because of the destruction of processing plants and warehouses, and the disruption of normal methods of food distribution. In addition, farm animals and crops could be affected by fallout.

To ensure your survival:

- You should have an Emergency Food Pack that will last at least 7 days and preferably 14. This pack should be ready for use on short notice. It will be needed if movement to safer areas becomes necessary; it will be essential in shelters; and it will supplement existing food stocks until a controlled food distribution system is established. Suggested types and quantities of food, as well as other essential and desirable items, are outlined in the Emergency Welfare Services pamphlet "Your Emergency Pack". Requirements include water on the basis of 9 litres (2 gallons) per person per week, as well as a variety of foods in cans, covered containers and sealed packages — preferably those requiring no preparation or cooking. Eating utensils and a can opener must also be included.
- If you live in a possible target area and have no car of your own, you should have 2 litres (about 2 quarts) of liquid and as much food as you can carry.
- If you normally are away from home during the day, you should also have a 3-day Survival Kit at your place of work, in case you have to proceed directly to safety and cannot get your Emergency Food Pack from home. Your 3-day Survival Kit should contain 454 grams (one pound) of candy (any kind except chocolate), a 540 ml (19-oz.) can of juice and a can opener.

Emergency Lodging

There would be voluntary evacuation from possible target areas before an attack and movement of survivors from damaged and fallout areas afterwards. All evacuees would need accommodation in reception areas. Therefore, you should know what to do in case you must evacuate.

- If you live in a possible target area, you should make arrangements for emergency accommodation at least 30 miles away. If municipal evacuation plans exist, you may not be able to reach this accommodation immediately. The ideal place would be the home of a relative or friend in the country, or a summer cottage that could be winterized. As well as providing emergency accommodation, this also could serve as your family's meeting place in case family members became separated. If you do not have such a ready-made meeting place, select one that fits your community's evacuation plan and exit routes from the target area.
- If you live in a reception community, you should be prepared to share your home during the disaster period and possibly for some time beyond.
- Regardless of where you live, you should know how to protect yourself and your family against fallout. Plans and instructions for the construction of home fallout shelters and other self-help publications are available from your local or provincial co-ordinator for civil defence or emergency measures. Consult your phone book for the nearest office or write to Box 10,000, in your provincial capital.

Registration and Inquiry

Modern warfare would result in many families becoming separated, with children being lost and many people being injured. This would be particularly true if an attack occurred during the daytime when most family members are at school or work rather than at home.

Some of the things you can do to help reunite your family members in case they are ever separated by disaster are:

- Make sure every family member knows the location of your pre-planned meeting place.
- Ensure the identification of all members of your family, as the very young, the shocked and the injured will not be able to identify themselves. Every person should have some means of identification, such as:
 - clothing labels with name and address
 - a wallet card giving name, address and family meeting place
 - a metal tag containing the above information
 - a photo, on the back of which any identifying body marks are noted. Duplicate photos should be sent to the family meeting place.
- After the emergency period, people will be assisted in re-establishment by means of counselling, financial aid and/or goods-in-kind.

If you are separated from your family during a disaster, upon arrival in a reception community you would be directed to a Welfare Centre where you would:

- Fill out a Registration Card so that your whereabouts and safety are known.
- Fill out an Inquiry Card to locate family members you have been separated from. The information on these cards will help you quickly find out the whereabouts and welfare of your loved ones.

In time of war, Safety Notification and Emergency Change of Address Postcards will be available at Post Offices and Welfare Centres.

Personal Services

Any disaster creates many problems that cannot be, or have not been, anticipated. Many of those affected by a disaster will have personal problems and innumerable questions that must be handled.

Thus disaster victims would be provided with the individualized services they require:

- Evacuees will be received at all Welfare Centres and reception points. They will be directed to emergency welfare or first-aid services and urgent questions will be answered.
- Accommodation and special care will be provided for children and dependent adults who have been separated from families or friends. Action will be taken to reunite them.
- Persons evacuated from special care facilities (the aged, handicapped children and adults, etc.) will be given care.
- Counselling services will be available for persons with personal and emotional problems.
- After the emergency period, people will be assisted in re-establishment by means of counselling, financial aid and/or goods-in-kind.